Population Health

1. Introduction

1.1 Overview

1.2 Learning Outcomes

- Explain the concept of Population health
- Define the components of population health
- Identify the key factors for improving health and wellness in communities
- Role of the nurse in population health
Notes:

In this presentation, you will:

- Explain the concept of Population health
- Define the components of population health
- Identify the key factors for improving health and wellness in communities
- Role of the nurse in population health

2. Population Health

2.1 What is Population Health?

Notes:

The current working definition accepted by leaders in population health field is "the distribution of health outcomes within a population, the health determinants that influence distribution and the policies and interventions that impact the determinants." (Kindig, D. 2007  Nash, D. 2011)

What this definition means is population health reflects the overall picture of the healthy and the unhealthy, the acute and the chronic, the clinical and non-clinical and the public and the private. There are many factors or determinants affecting the health of the population but the ultimate goal is healthy people comprising healthy
populations that create productive workforces and thriving communities. It is a holistic approach to discover patterns and connections within and among multiple systems to develop and respond to the needs of the population. Population health is both a concept of health and a field of study.

As the name implies population health involves everyone. The population can be defined geographically, by a common element such as the workplace, ethnicity or condition.

Determinants of health outcomes are influenced by multiple factors including medical care, public health interventions, social environments, physical environments, individual behavior and the patterns among these domains. (Look for graphic 4 pillars of population health)

Nash, 2011 p.36

### 2.2 Four Pillars of Health

![Four Pillars of Health Diagram](image)

Notes:

Graphic is the model for the 4 pillars of population health and illustrates the roles and interactions needed for achieving national strategies and health goals.

The four pillars are Chronic care management, quality and safety, public health and health policy. This describes the who, what, where and when model for implementation to achieve health and wellness for the community.

Nash, 2011
2.3 Why is it Important?

Notes:

The current health care delivery system is recognized as fragmented, ineffective, poorly managed, wasteful and economically inequitable.

Population health provides a cohesive, integrated, comprehensive approach to health care.

Included in this approach is the coordination of a variety of care interventions including health promotion, prevention screening, and behavioral change with emphasis on self-management, disease management and chronic care management.

Population health also seeks to eliminate healthcare disparities, increase safety, and promote effective equitable ethical and accessible care.

Increasing quality, founded on evidence based interventions that include clinical data, and economic and patient centered outcomes- i.e. quality of life, patient satisfaction caregiver satisfaction and provider assessments-will eventually lead to decreasing costs.

Nash p.7
Disparities

Interventions
2.4 National Initiatives Addressing Population Health Needs

Notes:
In 2008 the National Priorities Partnership convened by the National Quality Forum addressed health care challenges that Americans face.

One of the six priorities, Improving the health of the population, will require improved efforts to promote healthy behavior and prevent illness.
The goal is ambitious but fundamental to health care reform. Health care delivery will need to coordinate care across settings, health conditions and reimbursement mechanisms. It is the first national effort to identify Population health as an explicit priority.

US Department of Health and Human Services through the CDC formally established health priorities in 1979. The programs set national public health priorities for implementation over a 10 year period by national, state and local entities. Periodic reviews are conducted to measure and report progress toward the goals.

Healthy People 2010 is designed to achieve two overarching goals:

**Goal 1: Increase Quality and Years of Healthy Life**

The first goal of Healthy People 2010 is to help individuals of all ages increase life expectancy and improve their quality of life.

**Goal 2: Eliminate Health Disparities**

The second goal of Healthy People 2010 is to eliminate health disparities among different segments of the population.

Health people 2020: **Overarching Goals**

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

State based initiatives vary state to state however all states have participated in some form with the HP 2020 national goals- Does your state have any initiatives you can investigate?

Nash, p.14
Healthy People 2010

National Initiatives Addressing Population Health Needs

2006 National Priorities Partnership

Healthy People 2010

Healthy People 2020

State Based Initiatives

Addressed Health Goals:

Goal 1: Increase Quality and Years of Healthy Life

Goal 2: Eliminate Health Disparities

Healthy People 2020

National Initiatives Addressing Population Health Needs

2006 National Priorities Partnership

Healthy People 2010

Healthy People 2020

State Based Initiatives

Overarching Goals:

- Attain high-quality, longer lives free of preventable diseases, disability, injury, and premature death
- Achieve health equity, eliminate disparities, and improve health of all groups
- Create social and physical environments that promote good health for all
- Promote quality of life, healthy development, and healthy behaviors across all life stages
State Based

National Initiatives Addressing Population Health Needs

- 2006 National Priorities Partnership Addressed Health Care challenges:
  - State based initiatives - vary state to state
  - Does your state have any initiatives you can investigate?

Partnership

National Initiatives Addressing Population Health Needs

- 2006 National Priorities Partnership Addressed Health Care challenges:
  - 1 of 6 Priorities: Improve the health of the population
  - Coordinate care across settings, health conditions, and reimbursement mechanisms
2.5 Nurses in population health

Notes:

Nurses as Leaders in population level assessment, management and evaluation using all the tools available to them. Policy development is a call issued by the IOM (2010) report The future of nursing: Leading Change advancing health. Nurses will have the opportunity to affect public decisions and create conditions for healthy populations.

Health promotion-nurses starting with Florence Nightingale have supported health and health promotion activities. Florence observed in 1894 “Money would be better spent maintaining health in infancy and childhood than in building hospitals to cure diseases” (AACN).

Professional nurses are expert in assessment and this can be translated to the community and population. Health promotion and interdisciplinary efforts to improve health are essential with the shift from illness focus to preventive healthcare and quality management of chronic disease.

Emphasis on discharge planning and care coordination due to reimbursement factors illuminates the role of the nurse across the care continuum and all levels of prevention.

Where can nurses impact the system? The opportunities are vast and the bachelor prepared nurse is the recommended entry level necessary to face the challenges.
3. End of Presentation